

How to become a Great Athlete



J. H. T. POWELL, N.Y.

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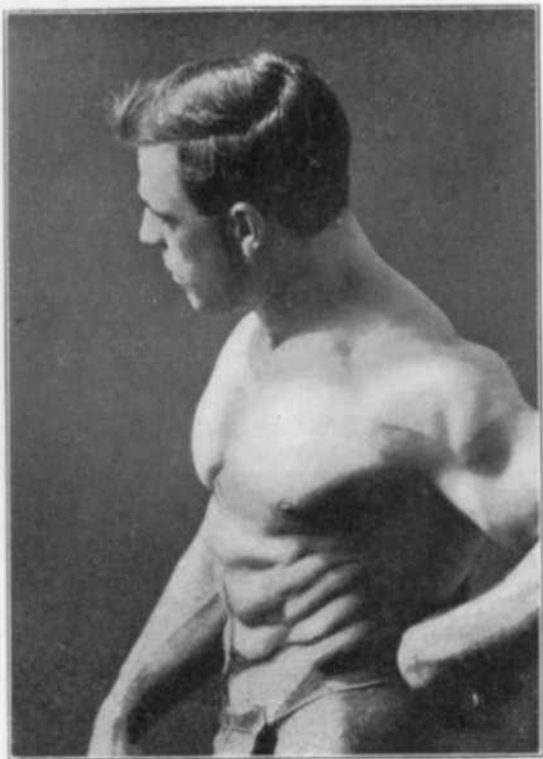
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THE AUTHOR.

INTRODUCTION.

THE object of the present treatise is not so much to deal with the scientific side of athleticism as with the means of attaining the power necessary to apply science to the greatest advantage.

Just as the most wonderful machine that the greatest genius of mechanical skill has ever conceived is a dead thing without the motive power, so is an athlete without strength, useless. It is the harmonious blending of the skill and the power that is the great factor, be it in the direction of mechanical or physical work.

This great living fact is so apparent that I almost feel I owe an apology for even broaching it; but so many teachers have discounted "the power behind the machine" of late, that I feel it incumbent upon me to make it the chief point of issue here.

In spite of the many volumes purporting to instruct in the Art of Scientific Weight-lifting, which have been written by incompetent men, and the conflicting and erroneous ideas which consequently exist amongst aspirants of the sport, the science has reached a height of proficiency in England that is admirable, and is worthy of the highest praise. Therefore, apart from explaining a few lifts which have direct bearing upon weight-lifting, I shall not deal with anything but the more important matter of strength.

I ask those who would like to know on what I base my claims to write on so vital a subject, to note the following records which I performed in the presence of the public, and of gentlemen whose names are famous in the world of sport as upholders of cleanness, and whose integrity is unimpeachable. The scales and weights have at all times been accessible to the public, and my weights to trial at the hands of any who were in doubt. I am forced to emphasise the above facts, because there has been

more than one contest and record-breaking of recent years where the public were debarred from going anywhere near the weights or scales ; and an atmosphere of doubt has hung about these affairs to the detriment, not only of the sport, but of all concerned. Of fake record-breakings and imitation weight-lifting contests and matches I shall have something to say later on.

My best lifts performed in London were as follows :—

| LIFT. | WEIGHT. | MY WEIGHT. |
|-----------------|-----------|-------------------------|
| Two-handed jerk | 322½ lbs. | 10st. 10lbs. in costume |
| Two-hands clean | 272½ lbs. | „ „ |
| Two-hands press | 254 lbs. | „ „ |
| One-hand jerk | 232 lbs. | „ „ |
| One-hand snatch | 160 lbs. | „ „ |

The above lifts are on record, and if compared with the performances of any heavy-weight lifter in the world, will more than support my claim to deal with the subject of strength.

I will now bring to your notice the manner in which I became the most wonderfully developed and strongest man of my weight of which we have any record.

There is no doubt but that the following sworn statement will be of the greatest interest, especially in the days of materialism, for it reads like a miracle ! But, as you will see on perusal, the transition from a condition of pitiable weakness to that of a wonderful strong man, whose feats of muscular control are a marvel of an age of marvels, is no miracle, but a natural process, and one which will appeal to all in search of a natural condition.

I was born twenty-eight years ago in Munich, Bavaria. My parents were in no way remarkable, unless it be in the fact that they were subject to all the petty ills that make life a burden, and to which I was the heir ; for I was a puny, delicate child—so full of rickets, that I had reached the age of five before I could walk ; and for the next two years I was so weakly that the school authorities exempted me from attendance. Indeed, I was always ailing, and my condition was often so precarious that more than once my life was despaired of.

At the age of seven I went to school for the first time, and then I realized how weak I was by comparing myself with the other boys, who were no more than ordinary healthy, boisterous fellows.

Being far too feeble to join in their sports, I naturally had the desire to be strong, but my parents were opposed to my exerting myself in any way, maintaining that one as weak as I could only injure himself by indulging in any form of exercise. But, in spite of the atmosphere of error with which I was surrounded, the desire to become strong obsessed me to such a degree, that the idea of using the mind as apparatus gradually evolved itself, and thus, in opposing my desires to exercise, my parents had sown the seeds that were to fructify to so great an extent.

It required some years, however, before I discovered the real secret of "mind over matter," but from the moment I realised the full meaning and the possibilities of this inner force, I went on with determination, and within a very short space of time I was physically as you see me now, and mentally possessed of so strong a will, that I am able to deny myself of anything but the bare necessities of life without the least difficulty or ill effect.

It would take a long time to explain the process of thought that led up to the evolution of the above Idea, and it really comes under the many things which are of greater interest to the psychologist than to others whose days are taken up with the pursuit of material things.

You have seen above how I have proved myself in feats of strength, and the reasons for my first visiting this country are perhaps ancient history, but in view of the present revival in matters pertaining to Physical Culture, the story will bear repeating here.

I came to England in answer to a challenge thrown out to the world by Thomas Inch. My arrival was the signal for the most blatant exhibition of side-stepping by that gentleman that it has ever been my misfortune to witness. I was unable to get

a match under any conditions whatever. I conceded everything that was possible, even, to accepting the challenger's pet lifts at catch weights, but I was told that Inch "had more important fish to fry." My offer to fry his fish for him met with a discreet though pussilanimous silence, which was only broken when he called me a bluffer. Then he strove to hide himself behind a much better man, and eventually sought to escape the many men who were urging him to meet me by putting what he considered a prohibitive price upon his challenge. A subsequent invitation to meet me for the honour of British Sport was, with my other offers, treated with a thin coating of vituperative paint. I am proud to be able to say that this unsportsmanlike treatment gained me more supporters than a physical victory could have done, and gave me a greater insight into the true sportsmanship for which the Briton has ever been famous. The challenge which had been the source of so much annoyance to me, and doubtless of great trepidation to Inch, was withdrawn, and one addressed to men of British birth only, substituted.

This last of a series of side-steppings was an irrefutable, though tacit acknowledgment that he was afraid of me, and it was indeed a moral victory for me. But I was not satisfied. I wanted to show Britons that I was not a bluffer, and that I was prepared to prove my right to a contest, and that I was worthy of the trust that my British adherents reposed in me. Therefore, on various dates, I made world's records, and even lowered some of the English Heavy-weight records.

It will come as a surprise to many, after having read the foregoing, when I say that I am not by any means a keen weight-lifter. The study of Nature, either in herself, or reflected in the writings of the poets, philosophers and scientists, have a far greater attraction for me than the elevation of masses of metal.

I only became a weight-lifter in order to prove that the "*control of the muscles*" was the greatest consideration in the performance of feats of strength; and I reason, with obvious logic, that if I am able to perform feats of strength far beyond

anything ever accomplished by the most scientific lifter at my weight, by controlling the muscles, I can put that power to a much greater use; in fact, to the greatest use of which this world is in need—to the curing of disease.

But as this book is written for athletes, I will not digress here, but intend to explain in a subsequent volume this wider use to which I am putting my discoveries.



How to become a Champion.



NOW, the great secret of doing anything well is doubtless in being acquainted with all things connected with it, in knowing the relative values of one thing to another and their powers, and then in applying this knowledge to accomplishment. This is the secret, no less where physical power is to be directed towards any issue. There must be a knowledge of the sets of muscles which are to be used in any particular effort, and there must be control. One must be able to call forth the set of muscles needed as swiftly as the thought, and then must come the effort, not directed by any feebleness, but by the power of the will. All must be subservient to the will!

Now comes the great point. How are you to perform feats which are according to many authorities practically impossible? How can you support strain that seemingly is not in the power of the human frame? How bring a speed to an effort out of a form which, compared to other animals, is superlatively slow? where lies the secret? The answer to all these questions is the

following two points, which I ask you to remark particularly :—

1. Conservation of Energy !
2. Distribution of Energy !

It was easy for me to realise that energy is created in the body, but it was a most difficult matter to discover the best method of conserving energy. I had to clear away the weeds with which the true pathway was choked up, and wade through the mire that clung about the explorer's feet in the shape of chest expanders, patent dumb-bells, developers, and the many things that have led the would-be athlete into a cul-de-sac, and beset his way for years.

Eventually I came to the conclusion that the use of any external apparatus meant the useless expenditure of energy, and that any muscle that was forced on by suffering nature in an attempt to protect itself from the ravages of these ill uses were comparatively devoid of spring, speed or utility.

So much faith had been vested in these various apparatus, that I was not quick to give them up, and it was only after the most diligent experiment that I decided that they were useless. As surely as I gave effort to work with an exerciser, waste of energy followed; and what astounded me more than anything else, and brought me to a sudden knowledge of the truth, was the fact that any muscle that had appeared, fled as soon as I suspended the use of that particular exerciser. But in spite of this last fact, I was reluctant to denounce absolutely the use of apparatus until I conceived the idea of using the mind as an apparatus !!!

This Will, this self within me, should be used to develop my body just as it had been used to develop my brain. Just as I can only learn by actual application of my mind, so can my body only be brought to a state of perfection and into a condition of usefulness through the close employment of my mind !

This was the theory which I determined to put to the test. This was the theory which,—now no longer a theory, but a proven thing—led me up from the slough of weakness and impotence to my present enviable condition of health and

strength. But it was long before I discovered that by using the Will to control the muscles, not only did I gain development and strength, but that I was storing energy. By giving nothing out, I was slowly conserving energy, and as in the commerce of the world, interest is given for money, and the more money, the more interest; so, the more energy conserved, the more strength is proportionately attained, and with interest, because it reacts upon itself.

Just as the magnet, permeated as it is with a strange energy, attracts, and draws into the vortex of its power, so will a man whose store of energy is replete, draw to himself more power and force from without. Not only in a physical way, but in a mental or psychological sense, will he attract others to him, and command respect.

The reasons for storing energy are manifold, but indicate, first and foremost, the possibility of future action. Energy would be quite unnecessary were it not for the idea of action and its subsequent use. Therefore, action being resolved upon, in whatever direction, and the energy conserved, we must next consider the "distribution of energy."

Taking it in as simple a manner as possible, we will proceed to consider the exact meaning of this term as applied to athletics. Suppose you were to take a fairly heavy weight, one heavy enough at any rate to necessitate the calling into work the greater energies of the body. Well, there are several sets of muscles brought into play, in lifting it into the desired position, and "distribution of energy" means that you control these sets of muscles as they are required for use, and thus send the essential amount of energy into each, just at the important moment. It means, moreover, that you are using the will-power and strengthening thereby the source of all power and energy.

This is not a fallacy, drawn out of the refuse-heap of the past imaginings of scientists who were working in the dark; but a strong reality, and a solid fact apparent to the least initiated; and one which, not only the athlete, but the worker in the factory, the man engaged in the less strenuous pursuits of life, and the thinker and student, cannot afford to miss if they

would attain the summit of their desires and ambitions.

Science does not make facts, it only discovers them, and the discovery of which as I have told you is not a new thing, but one which has ever existed in us, and only needed to be seen to be recognized, to have men strive to use for themselves.

Many professors have come forward with the advice to "put your minds on the muscles," but I venture to express the opinion that this saying is only reminiscent of school days, and probably one of the pet phrases of the schoolmasters; but to use the mind as apparatus is a new phase in the physical culture world, and I have no fear in saying that my discovery will stand alone as the only true method of gaining control of the muscular system, and through the will, control of self.

Before a man can command success he must control himself, and before he can attain to the limit of his physical powers and come into a realization of his possibilities as an animal, he must be strong mentally and physically.



FEEDING THE FURNACE.

Whether a man be training for a fifty yards sprint, a high or long jump, a test calling for a more sustained effort, or only in the desire to regain lost health; apart from judiciously arranged exercises, calculated to give him control of the particular muscles used, there must be close attention given to diet.

Just as the quality of the fuel supplied to the furnace regulates the heat created, and the consequent working of the machine, so the food given to the human furnace, creates, according to its quality, energy; and thereby gives greater or less power to the muscles.

Probably the fallacy most accepted by those not actually acquainted with the working of the human machine, is, that the more food one takes the more strength one gains. A more harmful doctrine could not be propagated, for if the stomach be overcrowded there is, instead of an increase in strength, a distinct loss; for the energy required by the stomach for the digestion

of a superfluity of food, is wasted.

All have at one time or another noticed that a heavy meal is followed by a period of sleepiness, and a temporary loss of full mental power. This fact in itself should indicate, to the least thoughtful mind, the danger of over eating; and he who would become proficient in whatever branch of athletics, or who would only be possessed of sufficient strength to go healthily through life, must regard over-eating as no less than a danger, and an evil to be absolutely avoided.

It seems to be the habit of some of the heavy-weight wrestlers and weight-lifters to feed up to gain as much weight as possible, in order to carry so much more counterweight.

Now it is undeniable that a man possessed of superfluous tissue is unhealthy. Indeed, it is as much an indication of ill-health as is an abscess or tumour, and any other animal than man is looked upon as unfit when in such a condition.

The corpulence of the opulent is no longer regarded in the light of Shakespeare's day, as a proper possession of the successful man. The "fair round belly, capon lined," is no longer a thing to be proud of, but a nuisance, and only takes from a man's dignity, instead of adding to it.

The athlete who puts on weight for the purpose mentioned above is now a thing of the past, and his ideas are exploded—paltry bubbles that they were—by my achievements in this country, and by the success with which my teaching has met, in spite of all opposition.

The rule which I follow, and advise, is not to take more food than is just sufficient to carry on the work of the body.

The greatest authorities have agreed that, according to the formation of our stomachs and teeth, we are carnivorous animals, and therefore we require meat for our proper sustenance.



EATING FOR EATING'S SAKE.

There is no doubt that the age of eating for its own sake is upon us, and that eating has become far more a matter of taste than

of necessity ; so much so, that nature has seemingly adapted herself to the passion for palatable things, and we are almost invariably able to digest and assimilate that which pleases our tastes. This does not apply, of course, to the dyspeptic, but to the normally healthy individual.

There is little question that the cause of a very large proportion of the ills rampant to day, is this " eating for eating's sake " ; and the temptations which are daily put in our way in this direction are not by any means to be discounted. The hungry man is at all times unreasonable, and if in the satisfaction of hunger he should err on the side of generosity to his stomach he can scarcely be blamed.

Here arises another very important point, that of observing regularity in eating. One should never wait until faint with hunger before eating. A happy medium should be struck, and the hour arranged with a due observance of the fact that the appetite should be good enough for one to be able to eat well, but not ravenously.

Allow yourself time to eat slowly, and by masticating the food well, lighten the labours of the stomach.

Breakfast should not be a heavy meal, but composed of something both light and nourishing. Milk should be its most important constituent, and whole-meal or " Standard " bread is in all cases superior to white.

Tea, coffee, alcohol and tobacco, are all poisons, and their immoderate use cannot be too forcibly condemned. The presence of Tannin, Caffein, Nicotine or Alcohol in the blood, hinders the processes of elimination, and are separately or collectively frequent causes of neurasthenia.

There may be some difficulty at first to discover what amount of food to take at a meal, but after a few experiments your own discrimination will put you on the right track. It is a good general principle that you should feel, after a meal, as though you could still go on eating.

As to the various values of foods, it is hardly necessary to touch upon that here ; but the foods that have, by exhaustive experiment of the medical faculty, proved most effective for in-

creasing or decreasing weight will be given on another page under their respective headings.

The foregoing remarks may well be taken to heart by the dyspeptic, the gouty, or by any who have fallen victims to any one of the many ailments of which this age is the heir, no less than by the aspirant for championship honours in any branch of sport.



KEEP WARM.

Another point which I wish to emphasise, is the great importance of keeping warm. Heat is the cause of life, and cold is its greatest enemy. If we exercise undressed in a cold room, we are using up energy all the while in order to keep the body warm; and this is a great mistake, and one which may be swept into the dust-heap along with the apparatus and the other rubbish.

The Spartan-like treatment to which many physical-culture enthusiasts subject themselves, is little short of madness, and would be, if not so harmful, ludicrous.

The idea of exercising in winter, before an open window, with little or no clothing, is one of the most pernicious which have unfortunately taken root in the world of athletics and physical culture.

A glance at the figures of the exponents of these dangerous systems will serve as an illustration, wherewith I can expose its error and dangers.

Are not nearly all these gentlemen thin and meagre to a degree? and are not their muscles stringy and like to the appearance of a chicken that has escaped the farmer's hand for several years? and have any of them succeeded in performing anything out of the ordinary in any branch of sport? I am open to correction. Indeed, I should be happy to know that there really were not such foolish men in the world in these days of precocious wisdom.

But the point I wish to emphasise is this. Their muscles have not been able to grow into useful things, simply because they have not been supplied with a flow of warm life-giving blood

during the time they have been exercising. The surrounding cold has driven the blood away from the muscles, and therefore, all the while they have been consuming animal tissue! Think of the extra strain that is brought to bear upon the heart. It has to do enough work to keep the body warm, and to stand the pressure of the nervous waste that goes on.

Work before the open window, in your garden, where you will, but *keep warm!* If you want to expose your body to the air, wait until the summer sun shines, and then bask in its rays, and spend the whole day there if you wish.

To those who would bring forward the antediluvian question about it being necessary for the skin to breathe, I answer that the skin is better able to breathe when warm. If they think they can refute this fact, they are saying that more air can enter a doorway when the door is shut than when it is open! The cold air closes the pores of the skin; this is undeniable, it being a scientific fact that the action of the cold is to contract. This being so, how can the skin breathe better when cold than warm? The very fact that the pores close when exposed to the cold is also proof that cold is something to be guarded against!

Therefore, whether you are going to run on the track, or across country, or to go through any other exercise in the open air, keep warm!



BE SCIENTIFIC.

When training for any special sport more time should be devoted to the study of the technical part of it than to the actual muscular work. There should not be so much strenuous going over the track, but more intelligent application of the mind to movements.

There are always certain sets of muscles which are more used in any particular sport than in another, and you should make an exhaustive study of those brought into play in the sport to which you are giving your special attention. The muscles used should then become the object of your mind, and you should

learn to control them in their work, intelligently ! In this way you save time, and most important of all, energy.

If you combine your ordinary training with the work of controlling the muscles you will attain a speed and strength in your sport that will surprise you. Many a man, who had apparently reached the limit of his athletic powers, has by these means given new and more successful life to his athletic career, and there is no telling to what heights of excellence he might have reached had he come to this knowledge of control in earlier days.



BIRDS OF PREY.

I have already touched upon a system of training which I described as one of the most pernicious ; but, unhappily, it is by no means *the* most, for the teachers of such systems may only be labouring under a cloud of distraction, or disordered intellect ; while the persons responsible for the practices of which I intend to write, are men who, having no more qualification, than is accorded them by their puerile satellites, have put systems upon the market, the exercises of which have no more claim to originality than they have to usefulness.

But as to whether their systems are original or not is a moot point. Plagiarism is the least of their crimes. What I wish to call your particular attention to here, is, the methods by which the unsuspecting public are fleeced of their money, and led into doing exercises which might be dangerous to their health.

One of the most blatant of these methods can only be described as criminal ! We will presume that a man has been suffering from some weakness which should call for the most careful and discriminate treatment. Having failed to get relief from his medical man, he is tempted by the insidious advertisements of one of the quacks ; and being assured therein that his case will be dealt with personally and individually, he falls into the snare. In answer to his enquiries promises of speedy cure are lavished upon him, and he pays the fee. That is the end of any individual treatment, as far as he is concerned, for thereafter

he is the recipient of a mass of duplicated letters of advice, and printed matter, similar to that sent to an athletic young fellow whose only desire is for more strength.

It will not have occurred to him to examine his letters, or he would have soon seen that they were duplicates. In some cases which it has been our fortune to discover, persons, suffering from altogether different complaints, of widely different ages, and possessed of quite diverse physical powers, have been sent copies of the same duplicated letters, and the same course of treatment exactly.

The treatment of disease requires the most delicate knowledge of the workings of the human frame, and to treat a case of indigestion in the same manner as one of weak heart, or tuberculosis shows, to say the least, either appalling ignorance or infamous commerce.

The danger of such methods of business is plain. Think what this means. The worn out man who has lived not wisely but too well, the victim of dyspepsia, the jaded business man in need of a congenial bracing up, and the seeker after strength, receives instruction identical with the long distance runner, the wrestler or the weight lifter.

Another trick of the catchpenny is to praise or censure the use of apparatus, as may suit his purpose for the moment. For instance, to those intending pupils who have the broad outlook that tells them the uselessness of apparatus, replies are sent which denounce in no mild terms all apparatus, and quoting, in support of their statements, the names of some well-known athletes.

To those inquirers who confess to a penchant for chest expanders and such things, a pamphlet is sent eulogising in lurid terms the insuperable excellence of such articles, and incidentally a price list is enclosed.

The exposure of one more artifice adopted by these tricksters will be sufficient for the present to convince the least wary of the harm which is being done to satisfy the rapacious maw of the charlatan.

This is nothing less than the sending of letters to former

pupils, offering them, at a reduced rate, a new system. Although practically admitting that they have been treating wrongly in the past, the experts do not hesitate to excuse their action by saying that they have only just come to the knowledge of the true methods at that juncture. This action is, in its single perpetration, inexcusable, but the discovery of "the only true methods" occurs so often that any but a man of means is forced to give up the pursuit of perfect physical condition ; because to keep pace with the discoveries of new systems means that one has to be continually handing out money.

Another trick, which in its unclean low-handedness, is symbolical of the whole character of these money-grabbers, is to trade under different names, the teachings of each of which are diametrically opposed. Once a pupil has dealt with one firm he receives letters, etc., from the others, and each is, of course, the "only system."

Now, when persons are allowed to go about enticing the unwary into their nets, and fleecing them of their money at the imminent risk of permanently damaging the constitution of their prey, it speaks of a looseness in the law that calls vehemently for amendment. At any rate it is a very bad state of affairs, and one which I shall always do my utmost to combat, until such time as the legislature empowers the public prosecutor to end these depredations.



The True Experience of a Seeker after Physical Culture Knowledge.

Some three years ago I was fired with the ambition to become strong, and to possess a fine physical development, so I wrote to a physical culture expert for terms.

These I received, and having paid my fee, I began my training with the apparatus which had been advised by the expert.

I worked with a degree of zeal which was well worthy of such a cause, and eventually made a certain amount of improvement, although very slight.

Scarcely had I got through this course when I received a communication from the same man, telling me that he had another system which would be certain to do all that he had claimed for the first. Incidentally the same communication informed me that the apparatus which he had sold me was rubbish. It certainly seemed to be a strange method of business, but I was still consumed with an ardent desire to attain physical perfection, and therefore paid another substantial sum and received the second course.

A few months later the unparalleled excellences of a further new course were brought to my notice by the same man, and this was followed by another! I was still keen, in spite of my failure to attain the desired physical condition, and I tried these courses also.

About this time I began to feel stale and seedy, and I saw that I was becoming unhealthy and flat-chested. In addition to these disquieting signs I felt such a lack of strength that I came to the conclusion, after much thought, that my constitution was being undermined, and my ambition ruined to satisfy the insatiable greed of a quack!

Soon after this, I received a letter from another firm of experts offering me their system. It seemed not a little strange, that, considering I was quite an obscure individual, and that I had never written to them, that they should have known my address, and I wondered how they got it. Anyway, as the lamp of enthusiasm still smouldered, I was tempted to have another try, and so I sent for this system. But it was the same old game! They had another course, but I wasn't having any more, because on comparing notes with a friend (also an enthusiast) I found that these people had already written to him, and he had never written to them. The only man he had ever communicated with on Physical Culture matters was my first teacher!

"Oh," said I, "This looks like the same man." I wrote to him, charging him with carrying on businesses whose views were opposed, and told him that it was nothing less than a fraud. This he did not deny.

Thoroughly disgusted I dropped the whole business; but hearing that Maxick was going to prove his claims by giving a display I went to see him.

This was on the 19th of January, 1910, when he electrified the physical culture world by performing what were supposed to be impossible feats, and by showing a muscular control that sent the audience delirious with wonder and admiration.

I remember, too, reading the account in a P.C. Journal, that spoke of this terrific performance as "an interesting exhibition." Nor can I forget the same journal lauding some little time later some miserable lifts of a heavy-weight weight-lifter, as though the man had performed something superhuman. But I presume that the journal in question had some deep interest in him.

But, not to further digress; my enthusiasm was once more aroused, and my old desires returned, to be strong and healthy.

I took the Maxick and Saldo Course, and was astonished to find that, under their tuition, in a very little while, and with very little practice, I was able to emulate some of Maxick's feats of muscle control. Soon I began to put on weight, which I had not been able to do for three years previously; and although I did not handle a bar-bell for nearly four months, I found that at the first attempt I pressed a heavier weight than I had ever *jerked* before.

My admiration for my new teachers knew no bounds, and I asked for a private interview, which was accorded me, and I received a lesson in weight-lifting which opened my eyes. To my surprise, however, there was no fee to pay for this interview, nor for any of the subsequent ones. This was a strange contrast to the treatment I had received from my first teacher, who charged me half-a-guinea to hear him boast of his prowess and importance for half an hour or so.

I am now in magnificent form, and a surprise to all my friends, who thought I should never have made any advance; and I guarantee that any aspirant to physical perfection cannot do better than to entrust himself to Maxick and Saldo. They will receive courteous treatment, individual instruction, and
NO WASTE-PAPER.

I conceal my identity for the present, as I still desire to remain an "obscure individual;" but I send my photograph which shows masses of healthy muscle gained entirely by following the advice given by Maxick and Saldo.



AN "OBSCURE INDIVIDUAL."

I might mention in my concluding remarks that I was cured of insomnia, to which I was a martyr, and of indigestion, which had made my life a misery, all in the space of four months. My gain in weight was $7\frac{1}{2}$ pounds.



How to become a great Athlete.



ALWAYS keep fit! Study your sport deeply, and only pay attention to the advice of those who *do* things! Leave those who theorise severely alone.

Practice and compete with your superiors at your sport. Never with your inferiors.

If you cannot practice with better men, watch them.

Gain control over all the muscles of your body by intelligent application of the mind, and increase their suppleness and responsiveness by carefully kneading and manipulating any muscles that appear too hard when relaxed.

If your sport requires speed, avoid weight-lifting as you would the devil; because if you indulge in it to the extent of using bar-bells heavy enough to admit of the name of weight-lifting being applied to it, you will surely become slow.

A bar-bell merchant will tell you that to bring a weight to the chest requires great speed and agility because the bar has to be jumped under. This is true to a certain extent, but it is not the kind of speed that would win a race or a boxing match for you.

A reasonable amount of weight-lifting is useful to a wrestler, where pin-falls are concerned; but flying-falls call for brilliant technique and lightning speed, which weight-lifting would hinder.

Who ever heard of a Lancashire Wrestler lifting weights? I remember Tom Rose, the present light weight champion failing to lift 140 pounds above his head in two hands. Young Olsen, Relwysko, Joe Carrol, and many others who could be mentioned have proved that weight-lifting is fatal to speed.

Where pin-falls are concerned the weight-lifting wrestler generally scores if there be no time limit. He can by sheer resistance tire a quicker and cleverer opponent, besides escaping from locks and holds which would spell to a weaker man, defeat.

Nor would any of the real champion fighters think of lifting heavy weights in any form. They might pretend to do so for the purpose of misleading other champions, but they would instantly notice a loss of speed; and where the fraction of a second may win or lose a man a fight, the least thing likely to lessen speed must be considered and avoided.

I believe that Gunner Moir tried this some time back, and the results were disastrous in the extreme, as he lost two fights in double quick time to men whom I consider his inferiors in fighting ability and ring craft,

When training and practising always use a schedule. Do not work promiscuously, because constant repetition is absolutely essential for the attainment of great skill in any branch of sport.

If you work without a schedule you may miss one particular movement for weeks on end, and consequently, when called upon to use it in competition you would be metaphorically "floored," unless you happened to be boxing, when the expression "metaphorically" could be changed to "actually."

This working to a schedule applies particularly to pedestrianism, cycling and swimming, and more especially to an oarsman. In fact anyone working over a distance must train in this way, or he will not get the best results out of his work.

It stands to reason that a runner who wished to cover a mile in record time would not attempt to traverse the first 100 yards in ten seconds, for the obvious reason that he would exhaust himself.

He would have to discover for himself how many yards he must traverse per second to get over the mile in the shortest possible space of time, and then train accordingly.

The same applies to weight-lifting. If a competitor starts trying to make records with his first lift he is apt to take pounds off his other lifts, and through that, off his total. First get a decent total together, and then if necessary, return to any of the lifts that you think you can improve upon. Always ascertain at what hour a contest is going to take place, and do your real training at that hour of the day, and thus you will assure an easy response of the muscles on the day of the contest.

Always train in the costume that you intend wearing on the eventful day, this rule being particularly important in regard to the shoes of a runner, and the boots of a weight lifter.

If training for the latter sport always practice with the same seconds that you intend taking into the ring with you, so that you do not waste energy, giving instructions as to the loading of your weights, etc.

Before competing in a wrestling or weight-lifting match or competition, keep off the legs as much as possible for at least

two days before; and do not lift for at least *six* days previous to the contest.

This resting applies to a great many other sports in a greater or lesser degree, but in weight-lifting it is all-important.

Do not make the mistake of exerting yourself too suddenly at the beginning of your lifting practice. Remember that all the muscles are not ready to work, and until they are warmed up by gentle exertion, there is always danger of a muscle or a set of muscles getting overstrained through lack of responsive support from the surrounding muscles.

It is advisable at the start, therefore, to "warm up" with a bar heavy enough to bring all the muscles well into action, without in any way tiring them. Begin on a light lift and work up to the heavier lifts, but do not work up too gradually, as this uses up too much strength. Remember, "You cannot eat your cake and have it too."

The preliminary warming up accomplished, one light attempt at any particular lift should be all that is necessary to prepare you for the position of a "top lift." In the "waits," while your opponents are lifting, sit comfortably resting in a chair, clad in a warm dressing gown, and take things easily.

If the competition is going to last long, an occasional sip of Bovril will keep you strong. It is wonderfully stimulating and strengthening. It is also invaluable for training, and as a preventive of fatigue after strenuous exertion, I have never found anything to equal it.

The foregoing recommendation is the result of ten years' experience, and not a solicited testimonial, as up to the present I have had no communication with the proprietors of Bovril.

We will now go on to consider the important items of baths, diet, etc. The judicious use of the cold bath is a wonderful tonic; and if a reaction is easily obtained, I recommend its daily use after exercise. But in the case of an athlete desirous of putting on weight, a tepid bath is advisable, as cold water is too toughening to the ligaments, tendons and muscles. As soon as he has gained the desired increase, he will do well to toughen up with cold water.

The cold bath should on all occasions be followed by a brisk rub down with flesh gloves or a rough towel. Never stand about undressed, but get right into your clothes if you do not want to contract rheumatism in later years.

Massage and manipulation of the muscles is always good, but should be avoided however a few days before the performance of feats of strength, as it is apt to leave the muscles too slack for strenuous efforts.

A warm or Turkish bath weekly is necessary to keep the skin acting properly. Massage and flesh gloves to follow if the ordinary bath be taken; but in the Turkish bath the shampooers will perform the necessary massage.

Meals should be taken at regular hours, and this rule applies also to exercise and sleep.

Always sleep in a well-ventilated room, though not in a draught, with light bed covering. A flannel sleeping suit should be worn in winter instead of a heavy covering of blankets. Nine hours sleep is not too long for juniors, or in fact for anybody who has a good amount of physical exertion to go through.

The mouth must be kept clean, and a pocket tooth brush should be carried in order that the teeth may be brushed after each meal. Upon retiring or rising the mouth should be thoroughly cleansed with a good antiseptic wash.

It is absolutely essential for the person desirous of gaining great strength to spend a deal of time in the open air.

All out-door sports are beneficial, the reasons being manifold and too well-known to require repetition here.



DIET.

FOR INCREASING WEIGHT :—

A glass of hot water taken on rising flushes the system.

Drink little or nothing with meals, but make a habit of taking plenty of good water midway between meals.

Reduce all solid foods to a liquid before swallowing, by thorough mastication.

The best flesh creating foods are, on the authority of many famous physicians, as follows:—All kinds of soup, from which all grease has been carefully removed; mutton, beef, chicken and turkey; eggs, boiled, scrambled or poached, or in the form of an omelet; potatoes, mashed, boiled or roasted; asparagus, beans, peas, rice, corn, cauliflower, onions, and all salads in season, with which use plenty of oil; prunes, apples, dates, figs, peaches, grapes, apricots; all kinds of milk puddings, cheese, cereals and "Standard" bread.

All foods should be carefully and cleanly prepared.

Cocoa and chocolate are good beverages.

FOR THE REDUCTION OF WEIGHT:—

Copious perspiration should be induced by exercising in warm woollen clothing; the body must be frequently massaged, especially where any fatty tissue is deposited.

Avoid all starchy foods, and do not drink with meals on any account. White bread, potatoes and cereals must not be taken. Eat lean meat, chicken and game, ham and tongue, white fish, green vegetables, fruit and toast.

Most important of all, avoid constipation. The consumption of plenty of fruit and the observation of regularity in emptying the bowels, added to proper abdominal exercise, should go far to prevent the occurrence of this disorder.



How to become a great weight-lifter



IT is not my purpose to go fully into the details of scientific lifting, as many works dealing at length with the subject have already been published. True, in each case, the author has attempted to describe and to teach lifts at which he was no good, but in most cases one lift has been taught correctly.

The single-handed snatch, single-handed clean, and the bent press, are lifts that call strongly for individuality, and hardly two men perform these lifts alike.

These lifts should be analysed and studied with weights that are well within your power, and the positions best suited to your physique discovered.

If you have seen Monte Saldo perform the snatch, you have seen a perfect style. Another splendid performer is Maurice Deriaz, who gets under his weight before it reaches the height of the shoulder.

The single-handed clean to shoulder may be performed in a variety of ways. As before, each individual must suit himself as to positions; but do not forget to use a bar that is slightly bent, and turn the bend away from you before lifting, so that as soon as the bar leaves the ground it turns *into* the palm of the hand.

In both the single and the double-handed clean pull in, success depends not so much upon the pull as upon the speed with which the elbow or elbows can be whipped under the bar, and it is this part of the lift that should be borne in mind, as the pull can be done mechanically.

Before the double-handed pull in is attempted, see that the centre is indicated by a chalk mark or a small rubber ring.

Make a habit of walking straight up to the bar and, having placed the feet about twelve to fourteen inches apart, with the toes under the bar, pounce down upon it, grip hard and pull high, whip the elbows down, at the same time lunging one foot forward under the bar. Do not be misled by any rubbish about pulling slowly at first; this may suit a tall weak man with a spring bar, but it won't suit men who have to create records.

I will now give you an insight into the mysteries of one or two of the lifts that *must* be practiced if you want to create records in all-round lifting.

One of the finest lifts in the whole weight-lifting repertory is the "single-handed Jerk."

It is a feat that will improve a man on ALL other lifts, and one which gives great speed, if performed in the manner explained hereunder.

I have not yet seen the jerk performed correctly in England, and it has not taken a great amount of observation to discover the reason. To bring a heavy-weight aloft in this style a strong back and powerful deltoids are absolutely indispensable; and it is the exclusion of all strength feats from the English Championships, that leave men comparatively weak in back and deltoids.

The bell is usually rested on the outside of the hip; jerked a few inches from the shoulder, and the lifter then drops down into a "bent-press" position. This is a good way to tear the muscles of the deltoid; but apart from this possibility a "lift" performed in this manner would hardly count as a clean jerk, because it would be next to impossible to complete the lift in one continuous movement.

The way in which I am going to teach you this lift will offer no such difficulty. You must begin by pressing a very light weight, and gradually increase it until too heavy to press; then thrust it up until too heavy to thrust; then jerk it up, always using the following positions for the press, the thrust and the jerk.



How to perform the Single-handed Jerk.

Having got the bell to the shoulder rest the elbow inside the hip, and without any hesitation, send the bell aloft with a quick powerful jerk. Fig. 1 shows the bell just leaving the hip.

This will naturally be followed by the straightening of the legs, which should bring the bell at least as high as the forehead.

Fig. 2 shows the dip under the bell, and the arm on the point of locking.

Fig. 3 shows the bell fixed, when all that is necessary to complete the lift is to bring the forward foot back to the rear foot.

The dip under the bell is accomplished by the simultaneous bending of the forward leg, and the hollowing of the back; more



SINGLE-HANDED JERK. FIG. 1.

especially in the region of the waist on the rear leg side. Push hard the whole time, but do not dip too soon; but, when the right moment comes dip like a flash of lightning.

The bar should have a slight "back-hang."

My best performance in England with this lift is 232-lbs., and my weight at the time was 10-stone 10-lbs. in costume.

The *most useful* of all feats, and the one giving the greatest bodily strength is the "two-handed" jerk, anyhow to chest.

Englishmen are not usually good at this lift, and the two chief reasons are as follows: Reason 1,—A lifter will often



SINGLE-HANDED JERK. FIG. 2.

make a number of failures to pull a bell in clean to the chest, and consequently gets very little practice *from* the chest, especially as a weight that a man can take in clean to the chest is considered light for a two-handed jerk. Reason 2.—The two-handed press is too little used. If you wish to excel at the jerk you must practice the press; not the military press, but in the same positions used for the jerk as explained hereunder.

Begin with a light weight, pressing it very slowly. Increase the weight until too heavy to press, and then thrust it up, increasing until too heavy to thrust, and then jerk it.



SINGLE-HANDED JERK. FIG. 3.

The Double-handed Jerk.

Lift the bell from the floor on to the belt (a splendid exercise for abdominal development). See Fig. 1. With a springy movement of the legs, throw it up from the belt, and turn the bar high on the chest. See Fig. 2. Take particular notice that the feet are rather close together and that the wrists are straight. Now use all the strength that you are capable of into throwing the bell straight up over your eyes, lunging out a few inches with the forward foot *if necessary*. Keep pressing



DOUBLE-HANDED JERK. FIG. 1.

the whole time, hollowing the back all the way up, not merely at the waist. At the same time keep the rear leg as straight as possible. See Fig. 3. When you have fixed the weight, bring the forward foot back to the rear foot.

You will notice that the weight is got under, and fixed by the simultaneous bending of the forward knee and the speedy hollowing of the back.

Practise this method carefully for a month or so, and see what you will add to your lift. When performing your limit, the movements will perforce exaggerate themselves.



DOUBLE-HANDED JERK. FIG. 2.

You will see at a glance that these positions are strong and the bar well under control. In a recently published description of this lift, the exponent is seen sprawling his legs all over the place and his hands bent back at the wrist. Give this man a bell double his own weight and I guarantee that he could not move it from the chest.

It is one thing to hold a collection of wooden discs on a broomstick and to take up ridiculous positions, and imagine that those positions are stable and fine, but it is quite another



DOUBLE-HANDED JERK. FIG. 3.

thing to jerk more than double your own weight before the public, as I have done a good many times.

You must look to it therefore that your positions are always strong throughout the lift. Your balance must be true and steady and there should be no waiting to see what the bell is going to do.

Make up your mind quickly as to what you are going to do, and then act immediately.

Extract from the *Apollo Magazine*.

"There is no need to emphasize the fact that a man who can do things should be he who could best show how those things ought to be done. We have seen Maxick lift twice his weight by using the "positions" describing the barbell jerk; and "the proof of the pudding is in the eating." It is that the proper way of lifting may be learned that the above has been written, for Maxick is no advocate of weight-lifting generally, and has nothing to gain by pushing the sport."

"*Weight-lifting Possibilities*" was the heading under which an article appeared in one of the leading P.C. Magazines some time ago, and upon which I intend to make a few remarks here.

The author complained that he was roundly abused for his ideas which were thought to be ridiculous, and he was evidently under the impression that it was the heavy lifts with which he accredited the different weight classes that called down the pungent marks upon his head; when the real reason for the trouble was his haphazard estimates of the possibilities of the different classes; these evidently being made regardless of the laws of proportion.

One lift will suffice for an explanation, and so I will take the first on the table, "the bent press," for which he estimates the following possibilities:—

| | | |
|---------|------------|----------|
| 8-stone | Class, | 225 lbs. |
| 8 | " 7-lbs. " | 230 " |
| 9 | " " | 250 " |
| 10 | " " | 270 " |
| 11 | " 7-lbs. " | 280 " |
| Heavies | " | 400 " |

He credits the 8-stone man with more than twice his own weight, and the 8-stone 7-lb. man, although 7-lbs. heavier, only gets a 5-lb. increase instead of 14-lbs. The 9-stone man gets a 20-lbs. increase for his 7-lbs. extra weight, and so comes back approximately to the double body weight again. If the 8-stone man and the 9-stone man are to press twice their own weight, why should the 8-stone 7-lbs. man be excluded?

Then comes the 10-stone man with a jump of 20-lbs. for a stone, and what is most absurd of all, the 11-stone 7-lbs. man with his 21-lbs. of extra weight only gets an increase of 10-lbs. ! The other lifts are equally disproportionately estimated, and it does not require a weight-lifter to detect a tiresome, unskilful attempt at sensationalism.

A number of lifts estimated had already been greatly exceeded. Klimet of Austria jerked 270-lbs. whilst weighing 8-stone 10-lbs. The nearest estimate for this class was the



JOSEPH WÜHR.

Height 5-ft. 5-in. Weight 9-st. 10-lbs. Chest (exp.) 44-ins. Neck 16½-ins.
Biceps 15-ins. Forearm 13-ins. Thigh 22-ins. Calf 15 ins.

225-lbs. for the 8-stone 7-lb. class. My pupil Josef Wühr at 9-stone 7-lbs. jerked 280 English pounds. The estimates for the 9-stone and the 10-stone respectively are 240-lbs. and 270-lbs. I had at that time jerked 319-lbs. whilst weighing 10-stone 5-lbs. The nearest class estimate is 270-lbs. for 10-stone men.

I had also on many occasions beaten the estimate of the snatch and the two-handed clean. In the middle-weight estimates Herman Saxon had accomplished them all, with one exception, *i.e.*, the one-handed clean; and as the author of these estimates appears to be well acquainted with the Saxons it seems strange that he was not aware of these facts. When the man, from whose brain the foregoing calculations emanated, recently lifted in the heavy-weight class, to which he belongs; he caused



SHOWING "MAXICK ONE-SIDED ABDOMINAL CONTROL."

his followers, extreme disappointment and dealt the death-blow to his theories on "possibilities" by lifting over 30 pounds behind the estimated 10-stone "possibilities," on the four lifts that he used, and more than 350-lbs. less than his estimated "possibilities" for his own class. Therefore he is obviously not to be taken seriously.

*A few Winners of Awards in the
Maxick-Saldo Muscle-Control Competition.*

The gentleman whose photographs are shown on this and the opposite pages had tried other Systems, including a weight-lifting course.



CONTRACTING ABDOMINALS AT SIDES AND OPENING IN CENTRE.

Before placing himself under my tuition, he possessed no abdominal control whatever, and the marvellous attainment here depicted is the result of four months steady practice.

During this time he increased his weight from 12-stone 6-lbs. to 13-stone 4-lbs.

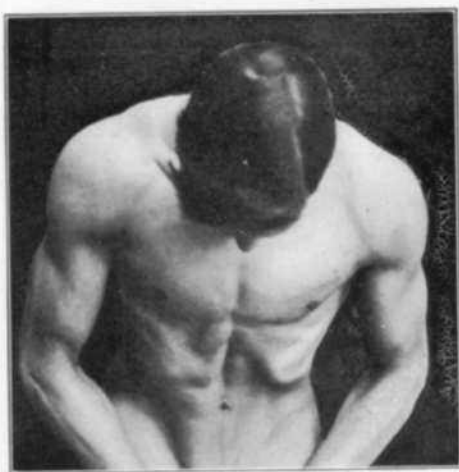
Chest measurement increased from $43\frac{1}{2}$ to $46\frac{1}{2}$ inches.

Calf increased 1 in., and other measurements proportionately.

Besides these improvements, his health is much better, and being possessed of greater energy he is not apt to tire quickly, as heretofore.

This gentleman's practical belief in my System has resulted in his recommending and procuring a large number of pupils for me.

He was particularly impressed with the fact that all my letters of advice are strictly personal, and not duplicated, as in all the other systems he has tried.



A. H. PERCIVAL,
PERFORMING "MAXICK ONE-SIDED ABDOMINAL CONTROL."

Mr. A. H. Percival gained in a few months the following increase :—

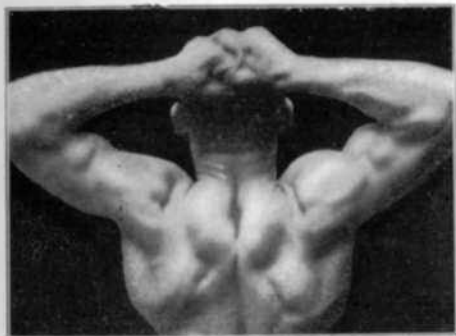
| | | | | |
|----|--------|----|----------|--------------|
| 6 | inches | on | chest | measurement. |
| 2½ | " | " | biceps. | |
| 2 | " | " | forearm. | |
| 1½ | " | " | calf. | |
| 3 | " | " | thigh. | |
| 3 | " | " | neck. | |

In addition he gained the wonderful abdominal control shown in the accompanying photograph.

He also gained 13-lbs. in weight, and improved in wind, endurance, will-power and memory.

He had previously undergone three other courses, in all of which heavy weights were used.

Like all my pupils, he was particularly impressed at receiving personal letters instead of the usual duplicated stuff.



MR. JOHN GROCOTT.

Read what John Grocott says a few weeks after taking up the "Maxick-Saldo" system :—

"Messrs. Maxick & Saldo,

Dear Sirs,—I shou'd like to thank you for the benefit I have received

from your system, and to record that I think it is far in advance of any other system on the market, nearly all of which I have tried.

You will understand that it is a terrible strain on the constitution to keep up to concert pitch at weight-lifting and wrestling at the same time; but through the practice of your system I am enabled to carry on both without any effort.

Not only have I been able to do this, but I have made an *increase* in lifting and wrestling powers which has surprised me, and which was beyond my most sanguine expectations.

Your system is all you claim, and I wish you every success in your efforts to open the eyes of the physical culturists in England to the many quacks who are simply after money.

I shall be most happy to recommend your system to all who are in need of individual advice and courteous treatment.

My best lifts up to date are :—

| | | |
|-------------|-------------------|-----------|
| Right hand | clean all the way | 181½-lbs. |
| Left | " " " | 176 " |
| Double hand | " " | 196 " |
| " | Jerk | 205 " |
| Snatch | | 118½ " |

Taking into consideration that I have done less lifting since I took up your course, and that my weight has never exceeded 9-stone 7-lbs. the improvement is wonderful.

Again thanking you, I am, gentlemen,

Yours strongly,

JOHN GROCOTT.

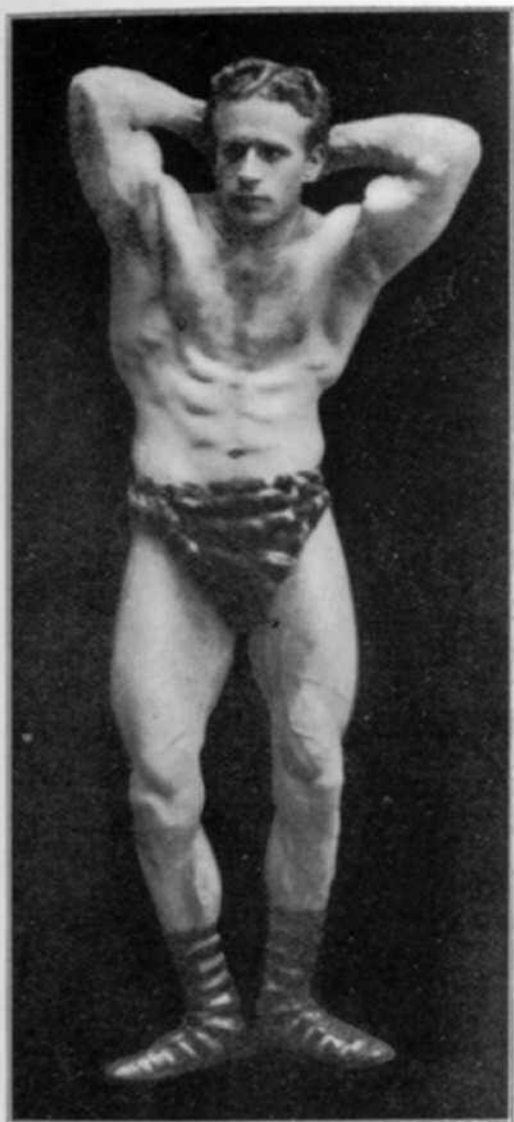
(9-stone amateur champion wrestling and W.L. champion of England)"

Mr. J. R. Hannam, the well known Leeds Physical Culture Expert, made great improvement in his physique, and gained in strength and will power through the practice of the System.

Although weighing only 10-stone 2-lbs., he possesses the following measurements :—

| | |
|--------|------------|
| Chest | 44 inches. |
| Biceps | 15 " |
| Thigh | 23 " |
| Calf | 14¾ " |
| Neck | 17 " |

Age 27.



MR. J. R. HANNAN.



MR. H. BROOM.

The following letter was received from Mr. H. Broom after he had been training under the System for three months :—

“ MESSRS. MAXICK & SALDO,
Dear Sirs,

I wish to draw your attention to the benefit I have received from your system. Although I have only been under you a short while, I am now in a position to attempt to establish world's records for Juniors in the different lifts, and I am almost certain to improve upon T. Inch's one-handed press of 204-lbs.

I have also been successful in winning one of your Gold Medals for development. Taking into consideration the fact that a short while ago I was ill with rheumatic fever, and that I was told by persons who posed as experts that I should never be fit again, I think my progress is marvellous.

I have never been so fit or felt so well as now, and I can readily understand why your System is fast becoming the most popular on the market. For the qualities which your exercises develop, such as Will-power, Determination, and Memory are necessary in every sphere of life, and your System must be on this account alone, of equal benefit to the business man and to the athlete.

If asked why your course had done me so much good, I should point out, that in addition to your exercises being the most wonderful that I have

ever seen, your letters of advice to me were not duplicated as is the case with most other systems, but were specially composed for my own particular case and to suit my own requirements.

Wishing genuine men, a genuine success.

I am, yours faithfully,

H. BROOM,

(Junior Champion of Yorkshire),

32, Pearson Street, Hull.

Mr. Broom's improvements are :—

Gain of 5-lbs. in Weight.

" " $1\frac{1}{2}$ inches on Chest.

" " $\frac{3}{4}$ inch " Biceps.

" " 1 " " Forearm.

" " 1 " " Thigh.

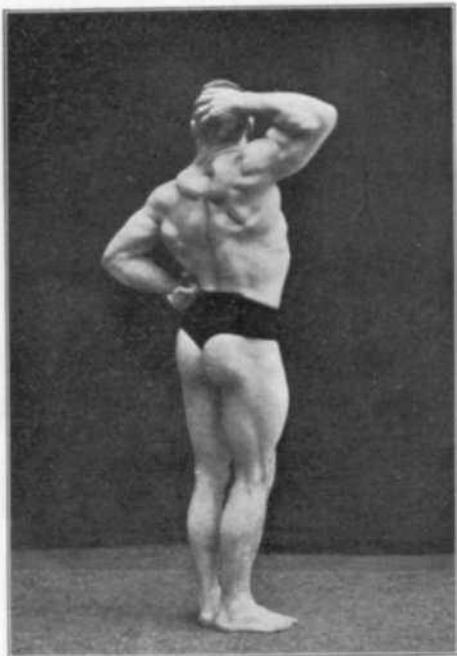
" " $\frac{1}{2}$ " " Calf.

" " $\frac{1}{2}$ " " Neck.

Health is splendid; Endurance, Will-power and Memory all improved!



Monte Saldo's wonderfully developed arm.



MAXICK.

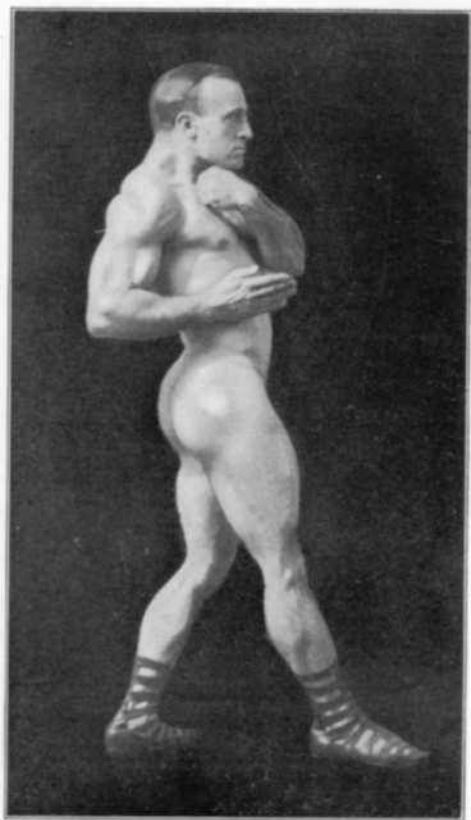
Height 5-ft. 4 $\frac{1}{2}$ -ins. Weight 10-st. 7-lbs. Chest (exp.) 45-ins. Neck 18-ins.
Biceps 16-ins. Forearm 13-ins. Thigh 23-ins. Calf 15-ins.



MAXICK.

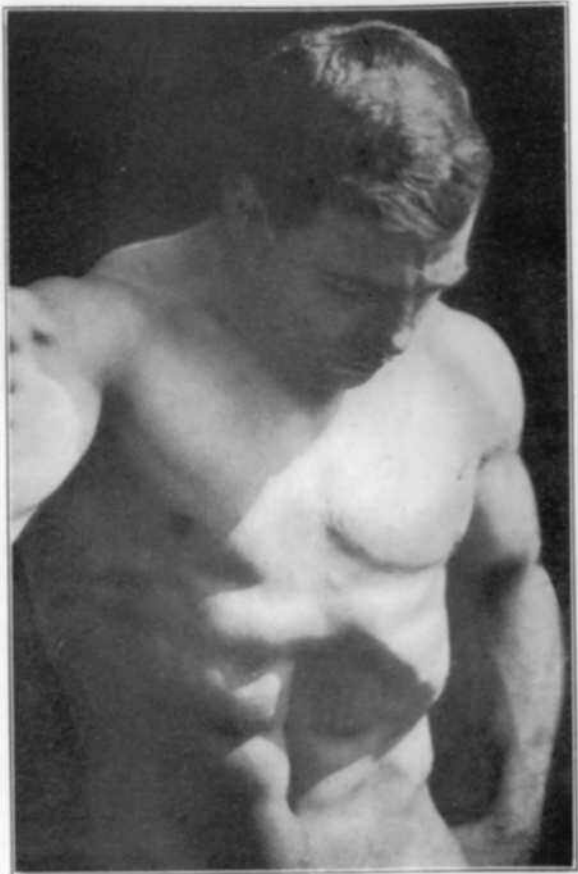


A PUPIL



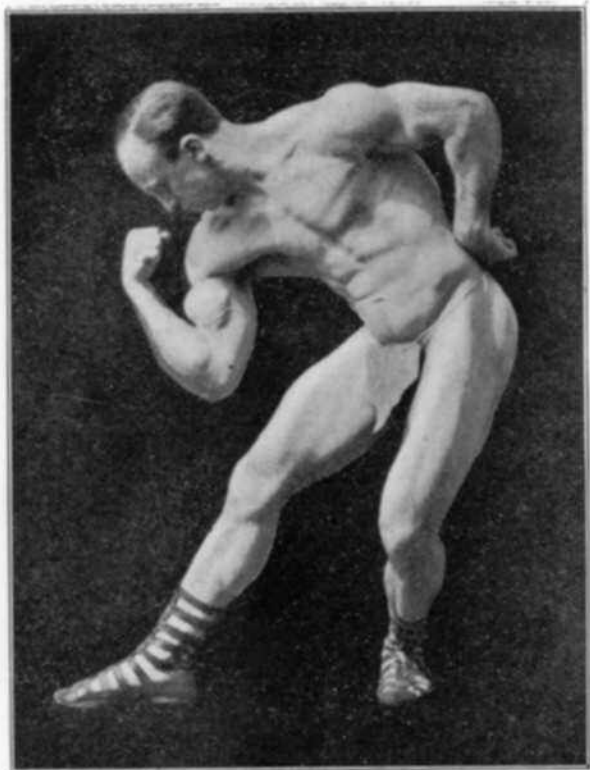
MONTE SALDO.

Height 5-ft. 5-ins. Weight 16-st. 5-lbs. Chest (exp.) 45½-ins. Neck 17-ins.
Biceps 16-in. Forearm 13-ins. Thigh 23-ins. Calf 15-ins.

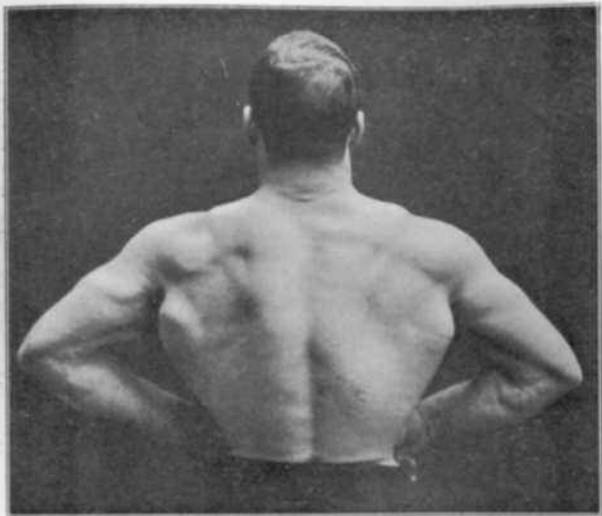


MAXICK.

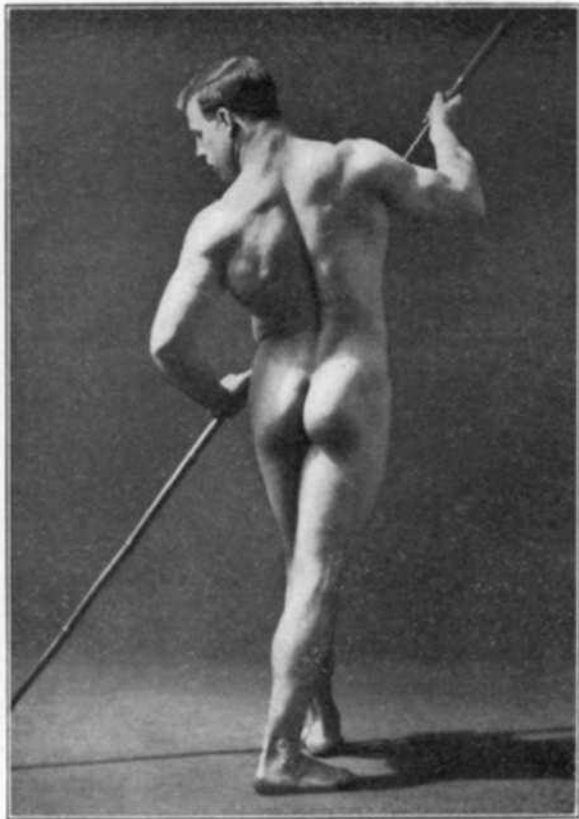
MONTÉ-SALDO.



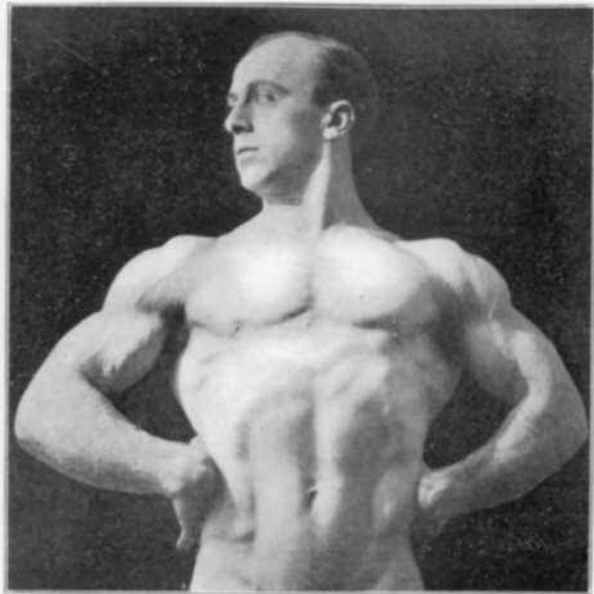
For explanation of the exact meaning of this pose apply personally to
Mr. Geo. Hana, 32, Bedford St., Strand.



MAXICK.



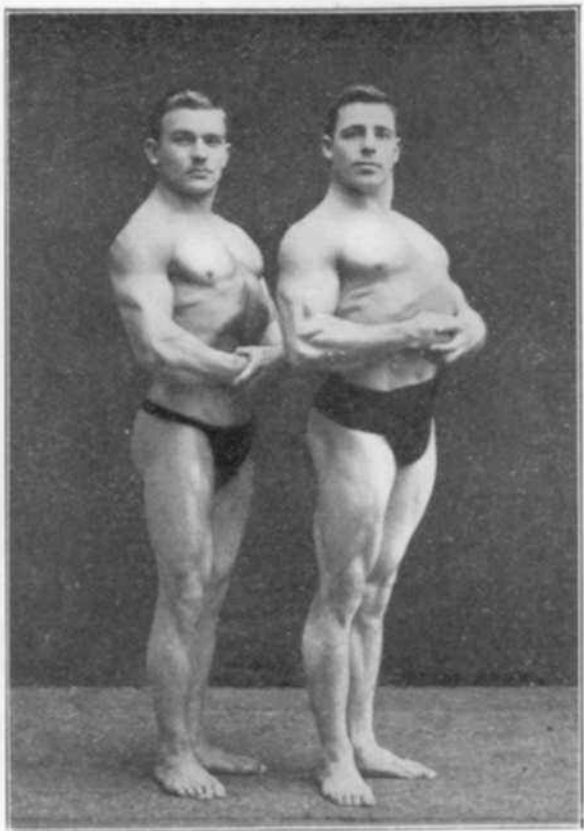
A Graceful Study : by Maxick.



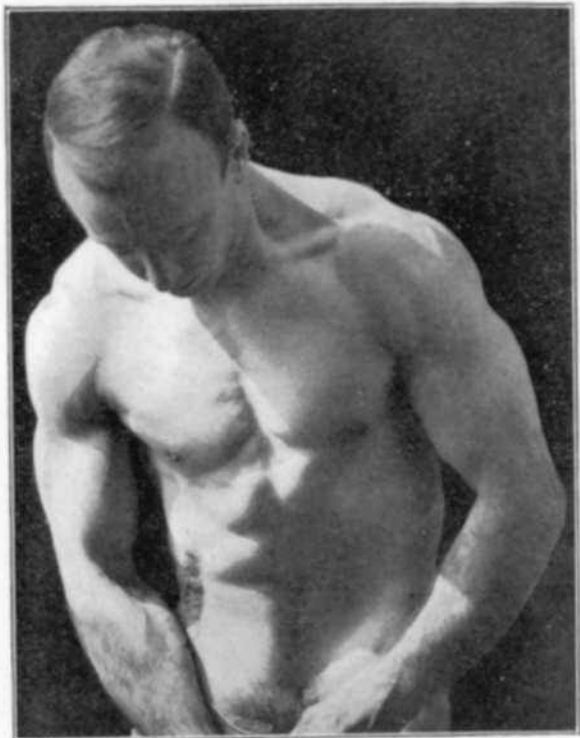
MONTE SALDO.



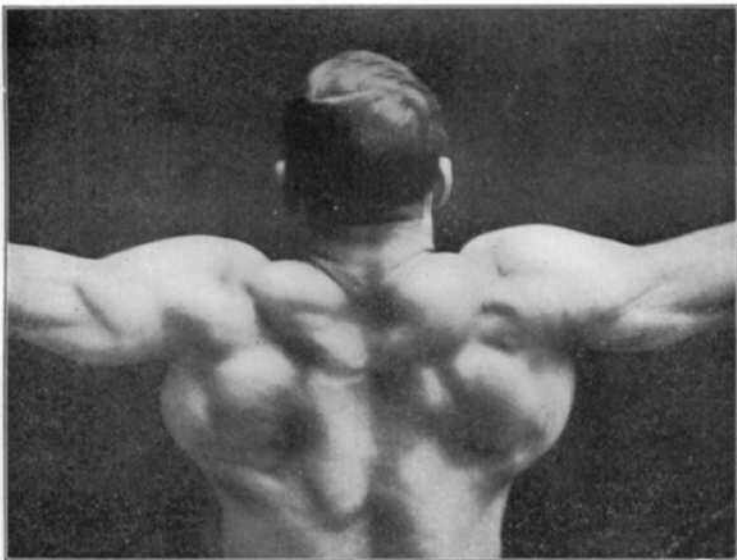
Our youngest pupil, Theresa Saldo, age 3.



WÜHR & MAXICK.



Monte Saldo performing the "Maxick one-sided abdominal control."





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MAXICK
THE MUSCULAR PHENOMENON

PLATE
NEW YORK
N. Y.

An open letter to Thomas Inch.

DEAR INCH,—More than a year ago you published the following statement in *Health and Strength*, viz: "That you were prepared to meet Maxick at any single lift or feat of strength." I came from Munich to take you on, and I am still waiting for you to keep your promise. I am urged to ask you to do this on account of having read in a recent publication of yours, "that your word was your bond."

I am sure you will pardon me if I say that the way in which you have been side-stepping me since my arrival has forced me to have an opposite opinion, as the treatment to which I have been subjected is a flagrant example of perfidy.

There is a word which might be applied to big men who try to damage the reputations of small men who are in all ways their superiors, but I won't be hard on you, and therefore will be content to state that you are afraid of me.

I will give you another chance to retrieve your reputation. I will give you the choice either of making good your promise or of sending one of your 45,000 pupils at my weight against me. The B.W.L.A. lifts will suit me so long as I get a match.

Don't send Hermann Saxon or one of the crack Continentals as you did in the case of that splendid lifter and sportsman, Aston, because they are not your pupils. What I want is a man trained on one of your systems.

I should like to know if it is one of the vagaries of your teaching, that the heavier a man becomes the less he lifts? If not, how do you account for the fact that as a heavy-weight you did not approach some of the lifts you claim to have performed as a middle-weight, especially taking into consideration that in the former you only performed four lifts and in the latter six?

MAXICK

Maxick and Saldo's First . . .

“Muscle-control” Competition

Has proved so popular that they have decided to make an annual affair of it.

Therefore they again offer **Five Gold, Twenty Silver and Fifty Bronze Medals** to the 75 pupils who show, in order of merit the nearest development to Maxick, in any of the poses contained in our system, by the 31st December, 1911. To pupils residing in the Colonies or abroad, four weeks longer will be allowed.

Here are the results of the 1910 Competition :—

Gold Medals.—Messrs. W. S. Quantrell, J. Grocott, J. A. Thunder, H. E. Broom and J. Hannam.

Silver Medals.—Messrs. R. Anderson, H. Andersen, A. Burnell, J. W. Sutherland, H. Unwin, F. Jackson, J. Kilgour, H. Williams, T. Jarvic, J. Harvey, S. Somerville, J. Hatliff, A. H. Percival, F. Knowlson, E. Swift, J. Lawrence, C. R. Hilder, T. E. Black, J. Thunder and J. Wells.

Fifty Bronze Medals were awarded to the runners up.

The medals are of special design, and have been greatly admired by the recipients.

THE MAXICK-SALDO SYSTEM

FOR THE

Treatment of Illness and Disease without Medicine.

The object of this advertisement is to make known to you the idea of our system of Curative Physical Culture, or the cure of Diseases by means that is within each individual.

No apparatus of any kind is either necessary or desirable to obtain the best results, and we guarantee to either cure or permanently benefit every case we accept for our Psycho-Physical treatment.

It is further our ultimate ambition to make so known the wonderful healing and body-building properties of our system, that at no distant date every town and village in Great Britain may possess a school of its own where the growing generation can acquire the habit of Scientific Psycho-Physical exercise free of cost.

HABIT.—Are you a victim of habit? Do you live a natural life—that is, as Nature intended you to live? If so, you should be well and strong, and should not need our or any other treatment.

It is very probable that you belong to the great majority who, by overwork, worry, or unsanitary conditions, have enervated either body or nerve, until life has lost that sparkle and crispness which should remain until old age.

ILLNESS AND DISEASE.—Where a person is born healthy—that is, with no pernicious hereditary taint of organic disease, there should be no difficulty in removing any local ailment which may have come into evidence by an ill-advised form of living.

THE SEAT OF MOST AILMENTS is undoubtedly the stomach. In these days of strenuous effort, either for pleasure or pence, the stomach is rarely considered, and we ask you to compare yourself to a mass of machinery, and your stomach to the furnace, in which fuel must be placed to keep up the force necessary for its motive-power.

Would any stoker dream of choking up his furnace with fuel indiscriminately?

No! Because in the first place, the waste of fuel would in itself be a deterrent; besides, his furnace becoming choked and clinkered up, he would be unable to get the maximum of heat necessary for the perfect working of his machine, and the life of the receptacle would be shortened.

So why should that intricate and delicate machine, your body, be subjected to the treatment practised upon it, either by ignorance or indifference? But Nature has her own methods of giving a warning signal when she is being wrongly treated, but usually these signals result in a call upon the local doctor or the chemist, who will prescribe a drastic remedy, which will not remove the cause, give but temporary relief, and injure, to some extent, at least, the lining of the stomach.

INDIGESTION.—Years go by, and food which could be digested in earlier days, now causes either discomfort or actual pain, or, failing in its object to nourish the system, you begin to feel out of sorts at odd moments, the stomach refuses to do its share of the work of creating vital force, and the bulk of the work is thrown upon the liver and kidneys. The off days become more and more frequent, the doctor more regularly consulted, and the habit of thinking of your ailment grows upon you, and, as habits do, your ailments multiply.

Who has not met the man or woman with an ailment?

THE NERVOUS SYSTEM.—That "life hangs upon a thread" is literally true, and unless the nervous system is kept in harmony with the body, ailments such as depression, neurasthenia, insomnia, and even insanity, will, in their natural sequence, result.

TEMPERAMENT.—An even temperament! How many of my readers realise the real import of the phrase. It means that the mental or brain force is in perfect balance with the creative or generating force, and that again with the motive power or muscular force. We are born with our varying temperaments, some with great brain and small physical power; some with great creative force, and others possessed of a preponderance of bone and muscle; and it is to our hereditary temperament that we must look for the ailments to which we are liable throughout our lives.

TREATMENT OF DISEASES.—Our treatment consists of making a careful and exhaustive study of Temperament, Occupation, and Cause, and then, by means of movements evolved during years of patient research, to attack the seat of the disease, and remove, by judicious movements and suitable diet, the Cause. In this manner we effect permanent cures, and establish and promote a habit of self-preservation which will, in every case, prolong your life.

The most common ailments we treat are:—Indigestion, Constipation, Liver Troubles, Kidney Disorders, Rheumatism and Gout, Insomnia, Neurasthenia, Weak Heart, and I invite all suffering to write us most fully on their condition, and we will advise as to the suitability of the case for treatment free of charge.

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